

Summary of Goals & Objectives for the Maine Differential Substance Abuse Treatment (DSAT) Community Program for Women

Women's Community DSAT Pre-Treatment Orientation Sessions

Intended Audience

- ❖ Women who are assessed as having a Level 3 (moderate) or 4+ (substantial, or in some cases, severe) degree of alcohol and/or other drug dependence and criminal risk.
- ❖ Any person who is eligible for a community DSAT program

Broad Objectives for Community Pre-Treatment Sessions:

- To keep DSAT participants actively engaged in the DSAT system and process throughout the entirety of the period that starts with the CSA and ends with the completion of the Maintenance Phase.
- To preserve and build on receptivity and desire to change
- To develop a “skills-based” learning environment for participants, targeting motivation and support for treatment
- To help participants get the most out of the Intensive and Maintenance programs by providing support, and building understanding of and receptivity to roles/responsibilities of group participation, DSAT concepts, and methods they will experience.

Note: In accordance with the DSAT Model of treatment delivery, sessions are to be delivered to men and women separately. Participation is mandatory for any person who would otherwise experience delay between the end of MET and the start of the Intensive Phase. The composition of these groups is open and fluid, allowing for immediate entry as participants complete MET sessions. Each session is comprised of one hour of structured programming, a ten-minute break, and about twenty minutes of open discussion.

Community Pre-Treatment Objectives by Session (6 sessions)

- DSAT Overview – To give participants an idea of what to expect of DSAT treatment, including the nature, philosophy, and structure of DSAT, and the length of time to be spent on each program component.
- Working Together – To explore the benefits of working as a group, and to understand the utilization of group skills throughout the DSAT System.
- How Sessions Work – To help participants understand the structure, sequence and logic of DSAT sessions, and to practice techniques and methods used in group activities.
- Stages of Change – To help participants better understand the process of change, to help them identify their current stage, and make/stick to changes.
- Community Resources – To explore stresses inherent in making changes, and to guide participants to various community support services and agencies that might help manage those stresses.
- Getting Ready – Preparation for moving on to the Intensive Phase by completion off the Pre-Intensive Questionnaire, and learning about the roles of facilitator and participant for the duration of treatment.

Women's Community DSAT Treatment Program
Motivational Enhancement
Institutional and Community Volume
Levels 3, 4 and 4+

Motivational Enhancement
Institutional and Community Volume

Note: Motivational Enhancement (MET) treatment is delivered using motivational principals interventions (MI) delivered in individual and group settings. The curriculum is a brief, directive, client-centered counseling approach running from two to four sessions used to treat individuals with addictive behaviors. MI is designed to mobilize the participant's own intrinsic motivation to change by helping to identify and resolve ambivalence. This volume contains sessions for both institutional and community treatment appropriate for delivery across all DSAT service levels for both men and women. Reference to the Institutional Sessions is included in the volume, DSAT MET training provides detailed instruction in the sessions appropriate to each setting.

Broad Objectives for Motivational Enhancement

- ❖ Objective consideration of the “pros” and “cons” of changing substance use versus not changing.
- ❖ Objective feedback of personal data regarding substance use and its attendant risks and benefits to the individual
- ❖ Orientation to the DSAT Intensive Phase participants will enter following completion of the motivational intervention.
- ❖ To increase problem recognition and the probability of entering into and continuing treatment through to completion of the continuum of phases.

Core objectives for Motivational Enhancement by session:

Institution - Individual Sessions:

1. Priming Session – To express concern regarding substance use
2. End Treatment Session – To consolidate commitment to behavior change

Community – Individual Sessions:

1. Initial Session - To increase motivation for treatment and ongoing behavior change
2. Mid-Treatment Session – To increase motivation for treatment and ongoing behavior change

Community – Group Sessions:

1. Both Sides of Change – To explore pros/cons of use and alternatives for changing
2. Change/Not Change – To explore short and long term consequences of change
3. Drugs on Trial – A mock trial as basis for motivating clients to change
4. Inner Struggle – To explore ambivalence and examine reasons to not use alcohol or other drugs in high risk situations.
5. Pathways Forward – To explore pros/cons of treatment as basis for change.

Women's Community DSAT Treatment Program

Intensive Phase Levels 3 and 4+

Note: The Women's Community DSAT System has two levels of cognitive behavioral programming (Levels 3 and 4+)

Women's Intensive Phase Level 3

Intended Audience

Women who:

- ❖ are currently residing in the community
- ❖ are currently under the supervision of the Department of Corrections, or another mandated supervisory program. (Example: Dept. of Health & Human Services Child Protective Services).
- ❖ have been assessed as having a moderate level of dependence on drugs and/or alcohol
- ❖ meet the criteria for a Level 3 intervention based on results from Computerized Screening Assessment and Comprehensive Assessment Interview.

Broad Objectives for Women's Intensive Level 3

- To motivate participants to examine the impact their substance using behaviors have had on their lives and the lives of those around them.
- To deliver treatment services in a manner that encourages participants to learn a wide range of cognitive and behavioral coping skills.
- To increase the probability that positive changes are made during the Intensive Phase of treatment in the areas of attitudes, knowledge, cognitive and behavioral gains.
- To establish a foundation and repertoire of skills that participants can practice on a daily basis to improve their abilities to cope with high-risk situations leading to slips/relapses and criminal action.

Women's Intensive Level 3 Objectives by Session: (10 sessions)

1. Education - Program introduction; review of basic terms.
2. Decisional Balance - What did I get from my drug/alcohol use?
3. Looking at Addiction - A woman's perspective on why people use; women's pattern of addiction
4. Personal Goal Setting - Each participant establishes her own goals for the duration of the program.

5. Risk Situations - Each participant learns what situations are most likely to trigger abuse for her.
6. Coping by Thinking - Thinking skills
7. Interpersonal Problem Solving - Dealing with others, including personal relationships.
8. Getting the Support You Need - Finding the support a woman needs and options if no organized support group meets a participant's needs.
9. Assertiveness Skills - How to deal with pressure from others (to use) and the right to say no.
10. Relapse Prevention - Understanding how and why relapses happen, and using knowledge to prevent relapses.

Women's Intensive Level 4+

Intended Audience

Women who:

- ❖ are currently residing in the community
- ❖ are currently under the supervision of the Department of Corrections, or another mandated supervisory program. (Example: Dept. of Health & Human Services Child Protective Services).
- ❖ have been assessed as having a substantial level of dependence on drugs and/or alcohol
- ❖ meet the criteria for a Level 4+ intervention based on results from Computerized Screening Assessment and Comprehensive Assessment Interview.

Broad Objectives Women's Intensive Level 4+:

- To motivate participants to examine the impact their substance using behaviors have had on their lives and the lives of those around them.
- To deliver treatment services in a manner that encourages participants to learn a wide range of cognitive and behavioral coping skills.
- To increase the probability that positive changes are made during the Intensive Phase of treatment in the areas of attitudes, knowledge, cognitive and behavioral gains.
- To establish a foundation and repertoire of skills that participants can practice on a daily basis to improve their abilities to cope with high-risk situations leading to slips/relapses and criminal action.

Women's Intensive Level 4+ Objectives by Session: (15 sessions)

1. Education - Program introduction, review of basic terms.

Broad Objectives Women's Intensive Level 4+, cont'd.

2. Decisional Balance - What did I get from my drug/alcohol use.
3. Looking at Addiction – A woman's perspective on why people use; women's pattern of addiction.
4. Personal goal setting – Each participant establishes her own goals for the duration of the program.
5. Risk Situations - Each participant learns what situations are most likely to trigger abuse for her.
6. Coping by Thinking – Thinking skills
7. Interpersonal Problem Solving – Dealing with others, including personal relationships.
8. Substance Abuse and Crime – Understanding the relationship, and how to break it.
9. Getting the Support You Need - Finding the support a woman needs and options if no organized support group meets a participant's needs.
10. Assertiveness Skills – How to deal with pressure (to use) and the right to say no.
11. Lifestyle Balance and Leisure Skills – Achieving balance in life, and how to find constructive leisure activities that don't involve substance use.
12. Skills for Self-Care – Skills to improve participants' ability to care for themselves in productive ways the will help them meet their substance use goals.
13. Employment and Budgeting Skills – How to seek jobs and handle the associated stress and to manage money.
14. Personal Health and Wellness – Gaining control of health and wellbeing.
15. Relapse Prevention – Understanding how and why relapses happen, and how to prevent relapses.

Women's Community Treatment Program

Maintenance Phase

Levels 3 and 4+

Note: This phase has been designed for participants who have completed the Women's Community Intensive phase. There are two levels within this program (Level 3 and 4+) designed for participants with different levels of criminal risk/need.

Level 3 participants must complete 5 mandatory sessions; the facilitator may then select four of 16 non-mandatory sessions (see Objectives by Session) according to the needs of the group to complete this phase of the DSAT system.

Level 4 participants must complete all 21 sessions.

Broad Objectives of the Maintenance Phase:

- ❖ To provide those who have completed the Intensive Phase with a supportive group to encourage continued behavioral change efforts and to meet new challenges that will arise in the participants' community environment during the maintenance period.
- ❖ To reinforce the importance of, and facilitate access to community supports and networks.
- ❖ To increase the probability that the positive changes in attitudes, knowledge, cognitive and behavioral skills, and behavioral intentions made through treatment will be maintained.

Objectives by Session: (21 sessions - Level 3 mandatory sessions are identified).

1. Revisiting personal goal setting (**Level 3**).
2. Understanding the stages of change.
3. Building a personal support network.
4. Wallet card. This session helps participants develop a personal support tool as an effective relapse prevention resource.
5. Reflective listening skills.
6. Developing an emotion management strategy.
7. Conversation skills (to improve interaction with others).
8. Interpersonal skills for close relationships.
9. Understanding the work environment.
10. Improving job skills.
11. Achieving a life style balance.

12. Refusal Skills (Part 1) – (**Level 3**)

Women's Maintenance Level 3 & 4+ Objectives by Session, cont'd

13. Refusal Skills (Part 2) – (**Level 3**)

14. Communicating with authorities and professionals.

15. Values and decision making.

16. Constructive thinking.

17. Dealing with cravings (**Level 3**).

18. Relaxation techniques as effective relapse prevention tools.

19. Nutrition skills (as a tool to support substance use goals).

20. Stress box (review of handling difficult situations).

21. Slip management (**Level 3**).

Community DSAT Women at Levels 3 and 4

Computerized Screening Assessment (CSA) – 20-30 minute computer or paper and pencil assessment. Scored at Level 1-4, Levels 3-4 referred for CAI (or w/ probation/case management override).

Comprehensive Assessment Interview (CAI) – 3 hour individual client interview to assess appropriateness for program and level of treatment need, not all assessments will result in client being appropriate for DSAT groups (especially ADTC clients).

MI/MET Component:

Level 3

- 2 Individual Sessions – Priming and Mid-Treatment 1.5 hours/session
- 2-3 Group Sessions 1.5 hours each group

Level 4/4+

- 2 Individual Sessions – Priming and Mid-Treatment 1.5 hours/session
- 4 Group Sessions 1.5 hours each group

Pre-treatment Orientation Sessions: Optional

- 0-6 Group Sessions 1.5 hours/group

Intensive Treatment: Closed Groups

Level 3

- 10 Groups
- 3 hours/group

Level 4/4+

- 15 Groups
- 3 hours/group

Maintenance Groups: Open and can be repeated

Level 3

- 12 Groups
- 2 hours/group

Level 4/4+

- 24 Groups
- 2 hours/group

Other Individual Sessions

- One Individual MET refresher session
- Re-evaluation/Program Completion 1.5 hours @ end of program
- Referrals to other ancillary services as needed and appropriate

Community DSAT

Client Flow and Phases of Treatment

Referral (Probation, Case Worker, Treatment, or Drug Court)



Screening by Case Manager and/or Treatment Provider



Clinical Evaluation and Treatment Recommendations by Treatment Provider



Orientation and Initial Treatment Focusing on Client Engagement and Motivation

3-4 weeks of Individual MET and Open Groups

DSAT Pre-treatment Groups: Six Optional DSAT Orientation Sessions, 90-minute groups

DSAT MET: 1 90-minute individual session + 5 90-minute open group sessions



Intensive Therapy

8-10 Weeks of Closed DSAT Groups, Two 3-hour sessions per week

Total of 10-15 group sessions depending DSAT Program Level on severity of addiction



DSAT Maintenance Groups

12-24 Weeks of Open DSAT Groups

Total of 12-24 2-hour group sessions depending on program level



Individualized Treatment/Aftercare

Approximately 12 weeks prior to drug court graduation

May include weekly maintenance group

ADTC Client – DSAT Client Flow and Phases of Treatment

**Screening, Referral & Assessment
(Weeks 2-4)**

**Treatment Phase I – DSAT Motivational Enhancement
(Weeks 5-8)**

**Treatment Phase II – DSAT Intensive Treatment
(Weeks 8-18)**

**Treatment Phase III – DSAT Maintenance Treatment
(Weeks 18-42)**

**Treatment Phase IV – Individualized
Treatment/Aftercare & Graduation
(Weeks 30-52)**